

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



Dr. Sinatra's **GREEN APPLE SMOOTHIE**

This creamy and filling smoothie is a delicious and nutritious way to start your morning! [Avocado](#) is not only satiating due to its healthy [monounsaturated fat](#) content, but it is loaded with [antioxidants](#) like glutathione and vitamin E to help protect against degenerative aging and disease. To boot, avocado assists in the absorption of beta-carotene and [lutein](#), health-promoting [carotenoids](#) found in spinach. Spinach is also a good source of vitamins K, A, C and B2, as well as and folate, [magnesium](#), calcium and potassium. In addition to providing sharp flavor, fresh [ginger](#) acts anti-inflammatory agent as well as a digestive aid; it is especially helpful in combating nausea. Coconut water adds liquid, a hint of sweetness and potassium to the mix, and cucumber, as an alkaline food, helps raise [blood pH](#) (acidic blood can make us more vulnerable to illness and age-related disorders).

Choose organic produce whenever possible

- ½ avocado, peeled
- 1 to 2 handfuls of organic baby spinach leaves
- 1 to 2 organic apples, peeled, cored and chopped
- ½ cucumber, peeled and chopped
- ½ to 1 teaspoon peeled, chopped ginger root
- 1 to 2 cups coconut water

Puree all ingredients in blender until smooth, adding enough coconut water to reach desired consistency. Pour into 12-ounce glass and enjoy immediately! Serves 1.

For more great recipes visit [Dr. Sinatra's Recipes for Health page!](#)